

106TH CONGRESS
1ST SESSION

S. RES. 34

Designating the week beginning June 21, 1999, as “National Youth Fitness Week”.

IN THE SENATE OF THE UNITED STATES

FEBRUARY 11, 1999

Mr. TORRICELLI (for himself, Mr. BAUCUS, Mr. LUGAR, Mr. DURBIN, Mr. REID, Mr. JOHNSON, Mr. COVERDELL, Mr. GRAHAM, Mr. STEVENS, Mr. KENNEDY, Mrs. BOXER, Mr. CONRAD, Mr. BURNS, Mr. EDWARDS, Mr. KERREY, Mr. AKAKA, Mr. INOUE, Mr. DASCHLE, Mr. MURKOWSKI, Mr. DORGAN, Mr. BRYAN, Mr. MOYNIHAN, Mr. LEVIN, Mr. BIDEN, Mr. BAYH, Mr. REED, Mr. LIEBERMAN, Mr. BREAUX, Mr. CAMPBELL, Mr. SARBANES, Mr. LAUTENBERG, Mr. CLELAND, Mr. ROCKEFELLER, Mr. FITZGERALD, Mr. GREGG, Mr. SCHUMER, Mr. DODD, Mr. ROBB, Mr. CRAPO, Mr. SPECTER, Mr. DOMENICI, Mr. THOMAS, Mrs. HUTCHISON, Mr. MACK, Mr. GRASSLEY, Ms. SNOWE, Mr. DEWINE, Mr. SHELBY, Mrs. FEINSTEIN, Mr. SESSIONS, Mr. HELMS, Mr. ROTH, and Ms. COLLINS) submitted the following resolution; which was referred to the Committee on the Judiciary

JUNE 10, 1999

Reported by Mr. HATCH, with an amendment and an amendment to the title

[Omit the part struck through and insert the part printed in *italic*]

JUNE 10, 1999

Considered, amended, and agreed to

RESOLUTION

Designating the week beginning June 21, 1999, as “National Youth Fitness Week”.

Whereas the Nation is witnessing a historic decrease in the health of the youth in the United States, with only 22

percent of the youth being physically active for the recommended 30 minutes each day and nearly 15 percent of the youth being almost completely inactive each day;

Whereas physical education classes are on the decline, with 75 percent of students in the United States not attending daily physical education classes and 25 percent of students not participating in any form of physical education in schools, which is a decrease in participation of almost 20 percent in 4 years;

Whereas more than 60,000,000 people, $\frac{1}{3}$ of the population of the United States, are overweight;

Whereas the percentage of overweight youth in the United States has doubled in the last 30 years;

Whereas these serious trends have resulted in a decrease in the self-esteem of, and an increase in the risk of future health problems for, youth in the United States;

Whereas youth in the United States represent the future of the Nation and the decrease in physical fitness of the youth may destroy the future potential of the United States unless the Nation invests in the youth in the United States to increase productivity and stability for tomorrow;

Whereas regular physical activity has been proven to be effective in fighting depression, anxiety, premature death, diabetes, heart disease, high blood pressure, colon cancer, and a variety of weight problems;

Whereas physical fitness campaigns help encourage consideration of the mental and physical health of the youth in the United States; and

Whereas Congress should take steps to reverse a trend which, if not resolved, could destroy future opportunities for mil-

lions of today's youth because a healthy child makes a healthy, happy, and productive adult: Now, therefore, be it

1 *Resolved*, That the Senate—

2 (1) designates the week beginning June 21,
3 1999, as “National Youth Fitness Week”;

4 (2) urges parents, families, caregivers, and
5 teachers to encourage and help youth in the United
6 States to participate in athletic activities and to
7 teach adolescents to engage in healthy lifestyles; and

8 (3) requests the President to issue a proclama-
9 tion calling on the people of the United States to ob-
10 serve the week with appropriate ceremonies and ac-
11 tivities.

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